



University of Chester



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Antenatal Health and Fitness Programme

Attend from 16 weeks pregnant
6 sessions, Tues 1-3pm
at South Leeds Sports Stadium

Sessions:

- 1 Health and Fitness in pregnancy
- 2 Diet and Nutrition
- 3 Preparing for an Active Birth
- 4 Coping with the Birth
- 5 Managing Emotions and Relationships
- 6 After the Birth

Postnatal Health and Fitness Programme

Attend from 10 days after the birth
6 sessions, Thurs 1-3pm
at South Leeds Sports Stadium

Sessions:

- | | |
|---|---|
| Health and Fitness after the Birth | 1 |
| Diet and Nutrition | 2 |
| Harmful Effects of Smoking, Alcohol and Drugs | 3 |
| Maternal Health | 4 |
| Managing Emotions and Relationships | 5 |
| Maintaining Health and Fitness | 6 |

These topics discussed by a midwife, low impact exercises and Pilates for Pregnancy and after the Birth undertaken with the support of fitness instructors.

Contact:

Community Midwifery Office 0113 392 2784
Mary Steen between 9am-6pm, 07786 250581
South Leeds Stadium 0113 395 0000



Concessions

£1.25 per session, then continue exercising for another 12 weeks, attending gym and mainstream fitness centres for the same price.